

Misickquatash (Indian Succotash)

Rating: ★★★★★

Makes: 6 servings

Ingredients

8 ounces lean ground beef
1 cup lima beans (frozen, cooked and drained)
1 can corn (15 1/2 ounce, drained)
1 can tomatoes (15 1/2 ounce, broken up)
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon nutmeg

Directions

1. Brown ground beef in pan. Drain excess liquid.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.

USDA Food Distribution Program on Indian Reservations, A River of RecipesNative American Recipes Using Commodity Foods

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	158	
Total Fat	5 g	8%
Protein	11 g	
Carbohydrates	20 g	7%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	10%
Sodium	415 mg	17%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	1 ounce